



Relationships are made

IN THE

KITCHEN

*30 Day Vegetarian
Meal Prep Challenge*

By: Katie & Blaise Holter



Sample Week

Dear Friends,

We are writing this book to share our passions for food, love, and health with you all. What started out as fun videos documenting our cooking together on social media, has become a vital part of our relationship. Even if you don't know it yet, we can almost guarantee that by the end of this challenge you will feel healthier and closer to your partner, through something as simple as meal prepping! Win, win!

We aim to change the way typical household cooking is practiced. We are just a normal couple with nothing more than a heart for each other, and a desire to actually enjoy the necessary process of feeding ourselves. So...why not make shopping, cooking, and meal prepping fun?! Incredibly often, cooking is seen as a single role and/or usually falls on one partner's shoulders. Originally, when we moved in together, this role was taken on by Katie. As she became stressed and started to dislike being in the kitchen, Blaise decided to become a part of this process. This was a game changer for our household.

Please check out our frequently asked questions below! Use this as a guide and feel free to email us, katiewriterblog@gmail.com, as well for any additional help. We are here for you!



*XO,
Katie & Blaise*

So how does meal prepping build relationships you ask?

Here are our notable effects when we meal prep:

We both feel a sense of relaxation during the day, knowing that we don't have to worry about meals. The thought of having to run to the grocery store after work, or scramble to whip something up upon arriving home is an extra stressor which is eliminated by meal prepping. Coming home to great meals and being properly nourished during the day, results in mental composure. It is much easier to take on life with a full belly! At the end of the day, we are able to focus on each other, rather than a sink full of dirty dishes or an upset stomach from delivery pizza.

Here is a look at what happens when we do not meal prep:

Basically... "if you have no plan, you are planning to fail"...

HANGER. It's real. It sucks. It wears on relationships. When we don't meal prep we feel chaotic, and every night seems to be a scramble. Before we began planning meals, we would ravenously get home barely even greeting one other. Blinded by hunger while bickering at each other, one would angrily order takeout and end the night feeling bloated, annoyed, and not ready to take on the next day. This was a draining cycle and as our pants got tighter, and wallets and patience ran thin, we realized a change was needed.

As an avid pinterester, Katie began to watch meal prepping videos online and even purchased a few books of her own. Starting slow, we began to prep meals together on Sunday afternoons. This quickly became much more than just cooking. It became our special time that we spend together every Sunday, which slingshots us into a great week. In life, there are not many things we can control. However, food is one of them. So, by choosing to control this small aspect of our life, it makes other tasks seem a bit easier.

Are you nutritionists?

NO. We are not. That being said, we are not giving medical advice and do not claim to be diet professionals or nutritionists- whatsoever. We are simply sharing our lifestyle in hopes that it will impact other couples in a positive way. This plan has worked for us. So much so, that we have been encouraged by friends and family to share our journey. Although we do not have medical backgrounds, through the years Katie has done extensive research on eating and how foods effect our bodies. This program is a culmination of both her research, and our experience while being guinea pigs navigating different ways of eating.

Why vegetarian?

Although there are numerous reasons to go veg, ours is simple: we feel physically and mentally nourished completely through this way of eating. We have tried many different diets together. Ketogenic, paleo, vegan, vegetarian, pescetarian, SAD (standard American diet) to name a few. Doing this gave us a real perspective on which type of eating makes us feel best. Most of us shop around before making a big life decision, right? We did the same...except, we 'shopped' around for a lifestyle... of eating! This may sound silly, but we honestly wanted to try all different ways of eating before deciding to stick to one. On a vegetarian/vegan diet, we feel full without the bloat, alert, and mentally clear. One thing we noticed right away, was our ability to wake up in the morning and head to work without that 'ugh I am so tired' feeling. We also noticed our moods and outlook on life, in general, improved.

What if my partner is nervous about giving up meat for a month?

One motto we have is 'I can do anything for 30 days'. This ideology has pushed both of us to try things that we might not have otherwise, because it is a short and attainable goal. Worst case, you can always go back to whatever you were doing before. That is life! We realize this may not be everyone's cup of tea, and that's OK. Encourage each other to step out of comfort, and into challenge. Adversity is what brings us together, give it a try.

How is the transition to vegetarianism, and are there any side effects? Will I feel satisfied?

It may be a little tough at first, but anything new takes adjusting. Re-training our brain and acclimating to a new way of eating can be difficult! After getting over this hurdle, it is smooth sailing. We both had meat cravings for about 3 days into the diet. After that, they were gone and we haven't looked back. Other than cravings there is one other 'side effect' you may notice initially....

Poop. Poop. And more Poop.

Fruit, veggies, and whole grains have TONS. OF. FIBER. A diet high in fiber= an efficient digestive system. So, more fiber= more poop. This is probably TMI, but hey we're friends by now! We are not ones to sugar coat a situation. Just remember it is natural, yet no one talks about it. After about a week your bowels will have adjusted and seem to slow down. Just get through this phase and know it will pass (*literally*).

In regards to satisfaction, most of the foods that we love have two things in common, texture or 'mouth feel' and flavor. So, using this logic...most meat or 'traditional' recipes can be made vegetarian/vegan using these two properties. This is also something you will find surprising when using our meal plan. It is amazing that by keeping these two factors in mind, meals can be highly tasty and leave you feeling full, happy, and not weighed down.

Is it expensive to go veg? Do you have any tips to make it more affordable?

It depends. If you choose to go organic or as close to organic as possible it can get pricey. We splurge on some organic items, but stick to many non-organic items to keep costs down. Shopping using the following tips helps too!

Using a simple app such as IBOTTA (this is not sponsored), helps us save lots of cash. Download it on your phone and see what we mean! Use code **mlawtcu** to get \$10.00 in credit.

Another shopping hack is utilizing Aldi. We have gotten fruits, veggies, spices, canned goods, gluten free baking mixes, and oils here. They even have a surprisingly good wine selection. Depending on where you are living, give it a go and rake in the savings. Also, we do have a coupon page at the end of this book. Print them off and use them!

How long does meal prepping take? How tough are the recipes?

Since we tend to draw out the process (because we're enjoying time together) we like to take a few hours. Now, many people do not have this luxury so we aim to make these meal plans as quick and easy as possible. You can expect to spend anywhere from 1.5-2.5 hours depending on your leisure. The time that works for us is Sunday afternoons, with our favorite adult bevy in hand and football on in the background. This works for us. Find time that works for you and stick with it!

What if I do not have someone to cook with? Can I still enjoy this plan?

In short, YES. The more the merrier!

Also...cats, dogs, fish, friends, roommates, parents...pet rocks...all count as companions...(OK, OK...maybe not pet rocks). However, we are confident you can still have an enjoyable experience even if you do not have a 'significant other' to cook with. There will be an online community of us all eating and cooking together! Even if you have a friend who you don't live with, why not get together and meal prep at someone's house? This program aims to build relationships of any kind, along with feeding our bodies.

Can I still enjoy restaurants? How does meal prepping fit into 'real life'?

First of all, we only meal prep Monday-Friday. We do this because, although we meal prep, we still want the flexibility to go out, enjoy restaurants, and live life. Often times, meal prep is so rigid that it does not allow for 'life' to happen organically. Once again, there is not much in life that we can control. Things happen, and some days you just want to go out for a meal and relax. We like to go out on Saturday evening's for date nights. We encourage you to do the same!

Being vegetarian, we like to look at menus online before heading to a restaurant. This ensures that we will have a great experience and have options. Many dining establishments have multiple vegetarian choices now days. This is awesome and makes eating out possible and satisfying. Also most cities have specifically vegetarian restaurants. Get out of that comfort zone and try them! Some of our favorite meals *happen* to be vegetarian after trying these places. Remember, the way our minds process the enjoyment of food mostly boils down to favorable texture and flavor. This can be achieved using all different ingredients. You can (and will!) feel just as satisfied eating veg as you do eating meats. Pinky swear.

Are your meal plans geared towards weight loss?

Not exactly. The beauty of this eating plan is that it truly caters to any fitness goals you may have. For example, Katie chooses to eat less than Blaise and minds her portions. She is trying to shed a few pounds, while Blaise is trying to maintain his weight. However, many people will lose weight or find they look leaner while following a plant based diet. This is because your body can *actually* digest and process what you are eating. Regardless of your goals, this way of eating is built for customization. Do not hesitate to make this plan work for you! Portions are a great way to meet varying fitness goals.

Why aren't you including calorie counts for the meal prep?

We focus on intuitive eating. Meaning, we eat until we feel satisfied and then we stop. We truly feel this manner of eating is how we are meant to consume. It might take a bit of time to self-regulate, but eventually it becomes second nature, trust us. We feel this is the vital difference between a diet and a true lifestyle eating program.

Secondly, one thing calorie counts do not measure, are...*nutrients*! We are eating intuitively and focusing on holistic nutrition. We find that when we are 'eating the rainbow' or, eating a variety of colorful foods, we feel the most nourished. This is our goal for our weekly menus. Remember, a diet high in fiber will make you a well-oiled machine! Functioning at full capacity yielding optimal results. We can't wait for you to join us on this journey.

What if I want to make this challenge vegan instead of vegetarian?

That is more than OK! In fact, we hope you do. There will be simple vegan exchanges for all of the recipes provided. We encourage you to try out the swaps. Even if it's just one or two, please give them a try! We are eating a vegan diet and use all of the swaps when preparing the recipes, so we back them 100%.

What's with all of the recommended products?

In order to make the transition easier for you, we wanted to provide every tool we have to make sure you enjoy the recipes! Once again, through trial and error we have tried *many* different products. To make your life easier, we have shared our preferences with you. Feel free to use them or don't, this choice is completely up to you!

Do you have any recommended kitchen/pantry basics to have on hand for this plan?

Yes! A well-stocked pantry always makes life easier! We like to keep the following items in our house at all times. We purchase these items when they go on sale as well. For our meal plan we will provide you with a complete shopping list. This is simply what we like to keep on hand.

Canned/Boxed:

- A quality marinara sauce
- Shelf stable almond or any milk substitute
- Stewed tomatoes
- Black beans
- Garbanzo beans
- Vegetable broth
- Rice microwave packs
- Salsa

Dry goods:

- Almond flour
- Pasta (spaghetti and macaroni noodle shapes) Ronzoni high fiber is our go-to.
- Black bean chips, great for when hunger strikes
- Vegan egg (we like Follow Your Heart's version)
- Almonds or any bag of raw nuts

Refrigerated:

- Pre peeled garlic cloves (a MUST, trust us)
- Earth balance 'butter'
- Cheese substitute (we like Daiya shreds)

Frozen:

- Cauliflower rice
- Boca Burgers/Crumbles
- Loaf of bread (we prefer Gluten free, but sprouted grain is a great option too)
- Frozen mixed veggies

Seasonings:

- Garlic powder
- Onion powder
- Sea salt/Pepper
- Italian blend seasoning

Relationships are made in the Kitchen
30 Day Vegetarian Challenge

Week One
menu

Breakfast:

- Easy Fruit & Yogurt Smoothie Bowls
- Fall Maple & Cardamom Overnight Oats

Lunch:

- BBQ Mushroom Kale Salads & Cilantro Lime Dressing
- Vegetarian Big Mac Wraps
- Honeycrisp Apples & Homemade Almond Butter

Dinner:

- Loaded Black Bean, Corn, & Sweet Potato Chili
- Gluten Free Corn Bread
- Simple Caprese Green Salad & Balsamic Glaze

Snacks:

- Lemony Garlic Hummus & Sliced Veggie Sticks
- Protein Power Brownie Balls

Please Note: Since this meal prep only accounts for Monday- Friday, you will eat the Smoothie Bowls for breakfast 3x and the Overnight Oats twice.

This is the same for lunch. The Salads will be eaten 3X and the Wraps twice.

Snacks and dinner will be eaten 5x or, daily.

Week One tips

Before you begin...the art of meal prepping

You may laugh at the title of this page...but believe us! There is an art to meal prepping! What we mean, is that there are many foods that do **NOT** prep well. We have tried numerous recipes and through trial and error have narrowed it down to foods that you can make on Sunday and still taste great on Friday! No one wants to eat a wilted salad, right?! Yuck!

You will see that our recipes are made to last. The ingredients we use are specifically chosen in order to withstand sitting in the fridge before being devoured! Meal prep is an *art*, people!

In what order should I prep?

We like to begin meal prep with all of our ingredients spread out on our kitchen table. This way they are accessible and the cooking process goes smoothly. You really can prep in any order you like. We recommend making the Chili first so that it can simmer while you make the rest of the items. Have fun with it!



HIGHLY Suggested Tip: *Remember* this challenge is meant to be *fun* and a time to enjoy your significant other, or whomever you're cooking with! We like to kick off our meal prep by cracking open a good bottle of wine and throwing some tunes on the radio! Nothing gets the juices flowing like a good red and jammin' music. Cheers!

Week One recipes

Breakfast

Easy Fruit & Yogurt Smoothie Bowls

INGREDIENTS:

Our recommended products
for this recipe:



- 32 Oz container of your favorite greek yogurt
- 2 Bananas
- 3 C. fresh strawberries and blackberries
- 1/2 C. Rolled Oats
- 1 C. Shredded non sweetened coconut
- 1/2 C. Pecans (or your favorite nut)
- 1 Tbsp Cinnamon
- 1/2 Tbsp Vanilla Extract
- Optional: 1 C. Dried Goji Berries
- Optional: 2 Scoops any vanilla protein powder

:Directions:

1. Begin by combining the following ingredients in a blender: 32 Oz. yogurt, 2 bananas, 1/2 C. Rolled Oats, 1 C. berries, 1 Tbsp Cinnamon, 1/2 Tbsp Vanilla, Optional: protein powder

2. Disperse the mixture into 6 containers. Mason jars work well, but we prefer Glad tupperware.

3. Top with remaining fruit, pecans, coconut, goji berries and store. These store well and are delicious!

Pro tip: Drizzle with a bit of honey or maple syrup right before enjoying.



Week One recipes

Breakfast

Fall Maple and Cardamom Overnight Oats

INGREDIENTS:

- 1 (15-oz) can full-fat coconut milk
- 1.5 C. Almond milk
- 2.5 C. rolled oats
- 3 Tbsp chia seeds
- 3 Tbsp pure maple syrup
- 1 Tbsp ground cardamom , or more to taste
- 1 Tbsp cinnamon
- 2 apples, diced

:Directions:

1. Dice apples and set aside.
2. Combine all dry ingredients in a bowl.(oats, chia seeds, cardamom, cinnamon and a pinch of sea salt) Split evenly between 4 containers. Top with diced apple. Refrigerate.
2. Stir together all of the coconut milk, almond milk, and maple syrup. Store in a pitcher for the week.
3. Every night add about 1/2 c & 2 Tbsp. of the milk mixture to a portion of oats. Give it a good stir and enjoy upon waking.

Our recommended products
for this recipe:





Week One recipes

Lunch

BBQ Mushroom Kale Salad

INGREDIENTS :

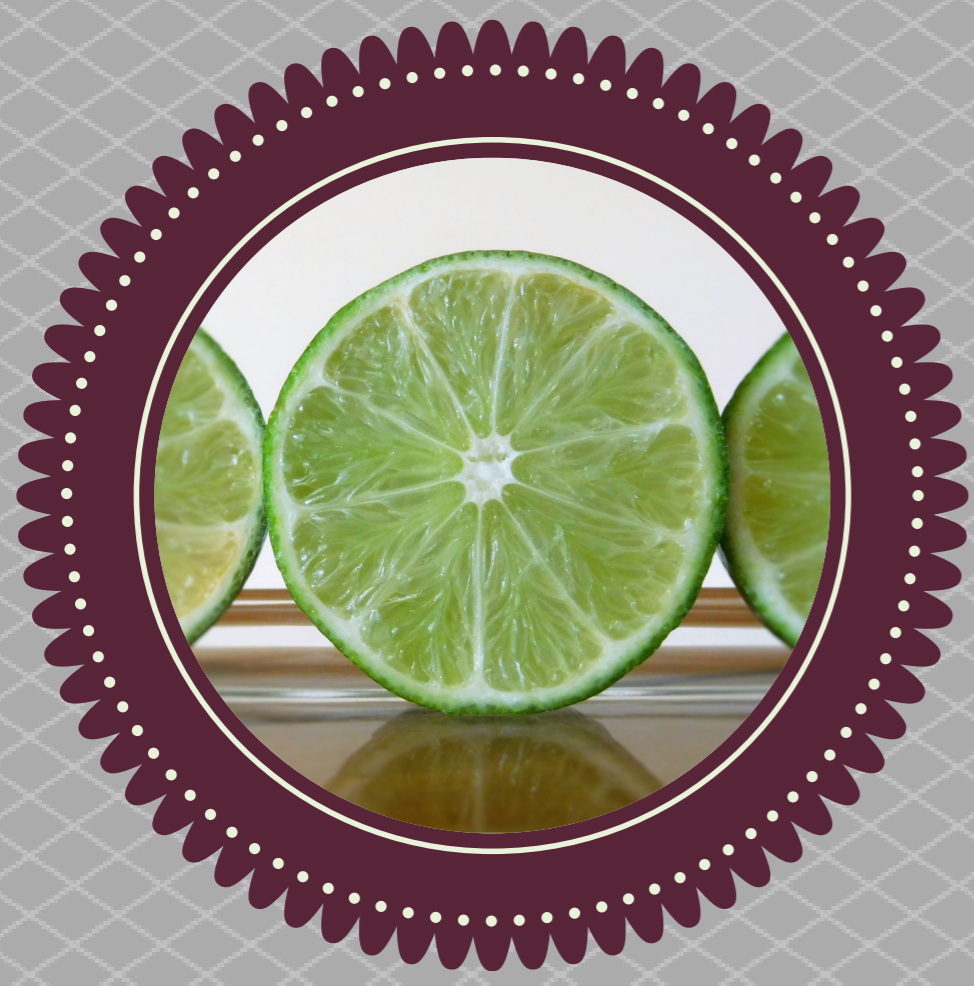
- 1 Lg Container Button Mushrooms
- 2 Lg Containers Portobello Mushrooms
- 2 Cloves Garlic
- 2 Cans Black Beans-rinsed
- *BIG* bunch of Kale 2-3 C per salad, about 15 C needed.
- 2 Green Peppers
- 1 Red Pepper
- 5 Roma tomatoes
- 3 Cobs fresh sweet corn
- 1/2 of a Red Onion
- 2 Tbsp Earth Balance or Butter
- 1/2 C. BBQ Sauce
- 1/4 C. Vegetable Broth
- A pinch Cayenne (or more to taste)
- Salt/Pepper

Our recommended products
for this recipe:



:Directions:

1. Begin by boiling water in a large pot, add corn and allow it to simmer until done. Remove and rinse in cold water to stop the cooking process. Cut the corn off of the cobs and set aside.
2. If using whole mushrooms, slice into bite sized pieces.
3. Melt butter in a large skillet or pot and add garlic and onion. After cooking for about 5 min, add mushrooms. Season with salt, pepper, and cayenne.
4. Add vegetable broth and simmer until all liquid has evaporated from mushrooms.
5. Add BBQ sauce and cook until the mushrooms are sticky and perfectly glazed. Set aside.
6. Wash and cut kale, disperse between 6 tupperware containers.
7. Cut up peppers and tomatoes, disperse between tupperware.
8. Rinse and disperse beans. Add mushrooms and corn to salads as well.
9. See dressing recipe below.



Week One

recipes

Salad Dressing

Lime Cilantro Dressing

INGREDIENTS :

- 1 lime
- 1.5 C. Sour Cream
- 1/2 C. Salsa
- 1/4 C. Mayo
- 1/2 C. Cilantro
- 1/4 C Red Onion
- 1 TBSP Sriracha
- Salt- to taste

:Directions:

1. Combine all ingredients in food processor or blender and pulse until desired level of creaminess. Scoop onto salads or refrigerate in jar and put on salads before enjoying.

Our recommended products
for this recipe:



Week One recipes Lunch



Vegetarian Big Mac Wraps

INGREDIENTS :

- 1/2 of a bag Boca Crumbles
- 1/2 of a Yellow Onion
- 1 Clove Garlic
- 1/2 of a small jar of Dill Relish
- 3 Roma tomatoes
- 2 C. Kale
- 1/4 C. Ketchup
- 1/2 C. Mayo
- 1 C. Shredded Cheddar cheese
- 4 Tortilla Wraps
- 1/2 tbsp sriracha (optional)
- Salt and pepper (to taste)

Our recommended products
for this recipe:



:Directions:

1. In a food processor, finely dice onion and garlic.
2. Add butter to pan and saute the onion/garlic mixture. About 5 min.
3. Add Boca crumbles, season with salt and pepper (to taste) and cook for about 7 min. Remove from heat and let cool.
4. Combine ketchup, sriracha, mayo, and dill relish in a bowl. Set aside.
5. Lay out 4 Tortillas. Disperse meat mixture, cheese, kale, and tomato.
6. Top with sauce, wrap up, and store in tin foil, plastic wrap or whatever you choose.

Pro tip: If you have access to a stove top during lunch hour...spray a nonstick skillet with oil and lightly sear each side of the burrito before enjoying!

Week One

recipes

Lunch



Easy Homemade Almond Butter & Apples

INGREDIENTS :

- 3 C. Roasted Unsalted Almonds
- 2 Tbsp Maple Syrup
- 1 Tsp Vanilla
- 1 Tbsp Cinnamon
- Sea Salt to taste
- 2 Tsp Coconut Oil or Vegetable Oil
- 10 of your favorite apples for dipping

Our recommended products for this recipe:



:Directions:

1. Combine all ingredients in a food processor. Pulse until desired level of creaminess.
2. Split between 2 containers. This way each partner gets their share for the week.

Pro tip: serve with your favorite seasonal apple. We love Honeycrisp this time of year! If you plan on cutting up apple slices ahead of time, squirt some lemon juice over apples before dividing into bags. This keeps them from browning.

Also, to avoid oil collecting at the top of the jar when opening...store upside down! Be sure the lid is on tight before storing.

Week One

recipes

Dinner



Loaded Sweet Potato & Black Bean Chili

INGREDIENTS :

- 28 Oz. Can Stewed Tomatoes
- 1 14.5 Oz. Can Diced Tomatoes
- 1 Can Black Beans
- 1 Can Chili Beans in Sauce
- 3 Medium Sweet Potatoes
- 1 Yellow Onion
- 1 Can Fire Roasted Corn
- 32 Oz. Vegetable Broth
- 2 Garlic Cloves
- 2 Packets Chili Seasoning
- 2 Tbsp Butter or Earth Balance
- Cilantro (optional)
- Cayenne (optional)
- Salt/Pepper to taste

Our recommended products for this recipe:



:Directions:

1. Begin by melting butter in large pot, dice and add onion and garlic. Saute for about 5 minutes.
2. Peel and chop sweet potatoes and add to pot. Add all canned items too. (tomatoes, corn, black beans, chili beans)
3. Add both packets of seasoning and about 3/4 of the bottle of vegetable broth. Stir and simmer on low for 45 minutes. Stir every 10 min. Add in remaining broth if chili becomes too thick. Season with salt and pepper to taste. If you enjoy spicy food, add a pinch of cayenne pepper.
4. Cool and disperse between 10 tupperware.

Pro tip: Top with sour cream, cheese, and cilantro before enjoying.



Week One

recipes

Dinner

Simple Green Caprese Salad

INGREDIENTS :

- 2 Containers Cherry Tomatoes
- 1/2 of a Red Onion
- 2 Balls of Mozzarella or 1.5 C Daiya Shreds
- 1 C. Basil
- 6 C. Arugula mixed greens
- 3 C. Kale
- Balsamic glaze
- 1 Tsp. Garlic Powder
- Salt (to taste)
- 1.5 Tbsp Olive Oil

Our recommended products
for this recipe:



:Directions:

1. Chop up cherry tomatoes, red onion and basil, combine with garlic powder, salt, and oil. Set aside.
2. Disperse mixed greens between 10 tupperware containers.
3. Top greens with cherry tomato mixture. Add cheese as well.
4. Drizzle with Balsamic glaze before eating.



Week One recipes

Dinner

EASY GF Cornbread

Our recommended
Products/Vegan substitutes:



INGREDIENTS :

- Boxed Cornbread, we use Bob's Red Mill gluten free mix
- 1 1/2 C Milk
- 1/3 C Melted Butter
- 2 Large Eggs or 1/2 C Apple Sauce
- 2 Tsp Vanilla Extract
- 1 Tsp Cinnamon

:Directions:

***This recipe is specifically for Bob's Red Mill GF Cornbread mix. Adjust quantities of milk, butter and egg if you choose to use a different mix.**

1. Preheat oven to 375 degrees F. Generously grease 9 x 9-inch nonstick pan.
2. Place dry ingredients in large mixer bowl. Add 1 1/2 cups milk, 2 large eggs (or applesauce), and 1/3 cup melted butter.
3. Mix on low speed with electric mixer until blended. Beat another 30 seconds with mixer on high. Top with cinnamon.
4. Bake 20 minutes or until nicely browned. Cool and cut into 10 individual pieces. Wrap in parchment or cling wrap. Serve with chili.



Week One

recipes

Snacks

Protein Powder Brownie Bites

Our recommended products
for this recipe:



INGREDIENTS :

- 1 C. Chocolate protein powder
- 1/2 C. Pecans
- 1 C. Rolled Oats
- 1/4 C. Maple Syrup
- 1/2 C. Almond Milk
- 1/2 C. Cocoa Powder
- 3/4 C. Mini Chocolate Chips

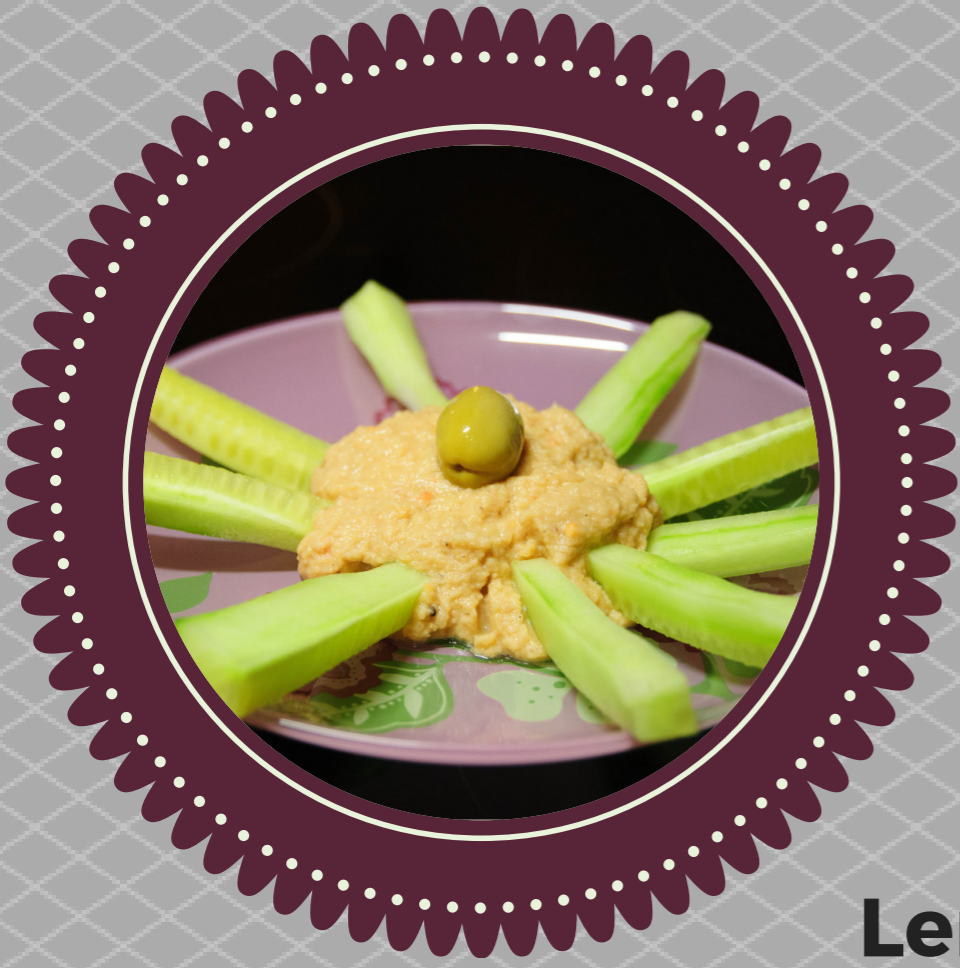
:Directions:

1. Combine all ingredients, except chocolate chips, in a food processor until a ball is formed.
2. Stir in chocolate chips. Roll into balls and put on a plate covered in wax paper. Place in freezer to chill for about 15 min.
3. Divide into bags and store in freezer or refrigerator until you are ready to eat them.

Week One

recipes

Snacks



Lemony Garlic Hummus

INGREDIENTS: :Directions:

- 1/2 C Lemon Juice
- 2.5 Tbsp Tahini
- 1/3 C EVOO
- 3 1/3 C. Rinsed & Drained Garbanzo Beans
- 3 Garlic Cloves
- Sea Salt to taste
- Large Bag Baby Carrots or Whole Carrots Cut into Sticks
- 6 Peppers. (Green, Yellow, & Red Mix)

1. Combine all ingredients in a blender or food processor. Pulse until creamy.

2. Disperse between two containers. This will be each partners serving for the week.

3. Cut up your favorite veggies and put into 10 baggies. We like peppers and carrots for dipping. Raw broccoli and cauliflower are great as well!

Our recommended products for this recipe:



Week One

Shopping List

Fruits

- 12 Apples
- 2 Bananas
- 2 C Strawberries
- 1 C Blackberries
- 1 Limes
- 4 Lemons

Grains/Dry Ingredients

- 4 Tortilla Wraps
- Rolled Oats
- shredded non sweetened coconut
- 1 Bag Pecans
- Chocolate Protein Powder
- Vanilla Protein Powder (optional)
- 1 C. Dried Goji Berries
- Chia Seeds
- 1 Bag Mini Chocolate Chips
- 3 C. Roasted Unsalted Almonds
- Boxed Cornbread Mix (Bob's RedMill)

Canned

- 1 28 Oz. Can Stewed Tomatoes
- 1 14.5 Oz. Can Diced Tomatoes
- 1 14.5 Oz. Can Fire Roasted Corn
- 3 15 Oz. Cans Full Fat Coconut Milk
- 3 Cans Black Beans
- 3 Cans Garbanzo Beans
- 1 Can Chili Beans in Sauce
- 2 32 Oz. Cans/Boxes Vegetable Broth
- 1 Jar Salsa
- 1 Small Jar Dill Relish

Spices

- Cinnamon
- Cardamom
- Cayenne
- Garlic Powder
- Cocoa Powder
- Vanilla Extract
- peeled garlic cloves
- Sea Salt
- Pepper
- 2 Packets Chili Seasoning

Veggies

- Huge bunch of Kale, around 35 cups will be used this week!
- 1 large container button mushrooms
- 2 large containers Portobella Mushrooms
- 3 Red Peppers
- 3 Green Peppers
- 13 Roma Tomatoes
- 2 Containers Cherry Tomatoes
- 1 Bunch Basil
- 6 C. Mixed Greens
- 3 Cobs Sweet Corn
- 1 Red Onion
- 2 Yellow Onions
- 1 Bunch Cilantro
- 3 Medium Sweet Potatoes

Frozen

- 1 Bag Boca Crumbles

Dairy/Dairy Substitutes

- 32 Oz Greek Yogurt
- 1 Gallon Almond Milk
- Earth Balance or Butter
- Sour Cream or Tofutti
- Shredded Cheddar Cheese/Daiya Shreds
- Eggs

Sauces/Oils

- BBQ Sauce
- Sriracha
- Mayo or Veganaise
- Real Maple Syrup
- Ketchup
- Balsamic Glaze
- 1 Applesauce Squeeze Pouch
- 1 Jar Tahini
- Coconut OR Vegetable Oil
- EVOO (Olive Oil)

Thank you!

From the bottom of our hearts, we thank you for trying this week out with us! Remember, change takes time! If you struggled with this week, that's OK. A new way of eating takes adjusting.

We hope you enjoyed cooking with your partner and hope that you're ready for more!

A full month of meal prepping will be available for \$3 a week, starting in late December. We hope you enjoyed this freebie week and decide to jump in head first for 4 full weeks of Vegetarian meal prep!

We will see you in December!



With Love,
Katie & Blaise

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when you buy ONE any flavor LARABAR™ multipack OR LARABAR™ Bites

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Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. CONSUMER: No other coupon may be used with this coupon. Consumer pays any sales tax. RETAILER: Small Planet Foods will reimburse you the face value of this coupon plus handling if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100¢. Small Planet Foods & NCH Marketing Services, P.O. Box 880001, El Paso TX 88588-0001 or an authorized clearinghouse.

RETAILER: Authenticate at www.veri-fi.com. Do not accept without a dot-scan barcode below the expiration date. 102617 030 CCNSLME: No other coupon may be used with this coupon. Consumer pays any sales tax.

0021908-116826

1776808

MANUFACTURER'S COUPON

Expires 11/25/2017

SAVE 50¢ ON ONE

when you buy ONE any flavor/variety 5.5 OZ OR LARGER Food Should Taste Good™ Tortilla Chips OR Bean Chips

0222 3639 0159 5579

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. CONSUMER: No other coupon may be used with this coupon. Consumer pays any sales tax. RETAILER: Small Planet Foods will reimburse you the face value of this coupon plus handling if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100¢. Small Planet Foods & NCH Marketing Services, P.O. Box 880001, El Paso TX 88588-0001 or an authorized clearinghouse.

RETAILER: Authenticate at www.veri-fi.com. Do not accept without a dot-scan barcode below the expiration date. 102617 030 CCNSLME: No other coupon may be used with this coupon. Consumer pays any sales tax.

0021908-116679

1775642

Bring this coupon to any participating grocery store and get \$1.00 off any of our delicious Tofutti products

\$1.00 OFF

Tofutti

No Dairy. No Cholesterol. Just Great Taste!

To the retailer: Cholesterol-Lactose Free Foods Limited will reimburse you for the face value of this coupon plus our specified handling fee provided you have accepted this coupon in accordance with Cholesterol-Lactose Free Foods Limited.

Mail to: Cholesterol-Lactose Free Foods 166 Saunders Road, Unit 7, Barrie, ON L4N 9A4

This coupon is valid on purchase of any Tofutti product. Limit one coupon per purchase. Coupon cannot be bought, sold or exchanged for cash, coupons or certificates. Any other use constitutes fraud. Tofutti products can be found at the following major grocery stores across Canada: Loblaws, Zehrs, Sobey's, Real Canadian Superstore, Atlantic Superstore, Fortinos, Foodland, IGA, Metro, Longo's, Independent, Overwaitea, Thrifty Foods, Highland Farms. Valid in Canada only.

Name: _____

Full Address: _____

Phone: _____

Email: _____

Please complete the following to receive a new coupon every month.

Have you purchased any Tofutti non-dairy products previously? Yes No Are you lactose intolerant? Yes No

Tofutti

COUPON PROGRAM complete the form above or go online to www.tofutti.ca to sign up to receive our current coupon every month.

Pro tip: Download and use the Ibotta app! There are tons of coupons available to you! Use code **mlawtcu** for \$10 in grocery credit.